

OTHER ACS PROGRAMS

Army Emergency Relief (AER)
Army Family Action Plan (AFAP)
Army Family Team Building (AFTB)
Army Volunteer Corps (AVC)
Community Information and Referral Program
Employment Readiness Program
Family Connection "A Welcome Center for Families"
Financial Readiness Program
Loan Closet
Mayoral Program
Military and Family Life Consultants (MFLC)
Mobilization and Deployment Readiness
Outreach Program
Relocation Readiness Program
Soldier and Family Readiness Center (SFAC)
Survivor Outreach Services (SOS)

For more information or to register for upcoming events, please call (719) 526-4590.



Army Community Service (ACS)
ACS Center, Building 1526
6303 Wetzel Avenue, Fort Carson CO 80913-4104
TEL (719) 526-4590 / DSN: 691
TOLL FREE: 1-866-804-8763
FAX (719) 526-2637

VISIT ACS ONLINE
www.carson.army.mil/acs

FACEBOOK: Fort Carson Army Community Service

TWITTER: Fort Carson ACS

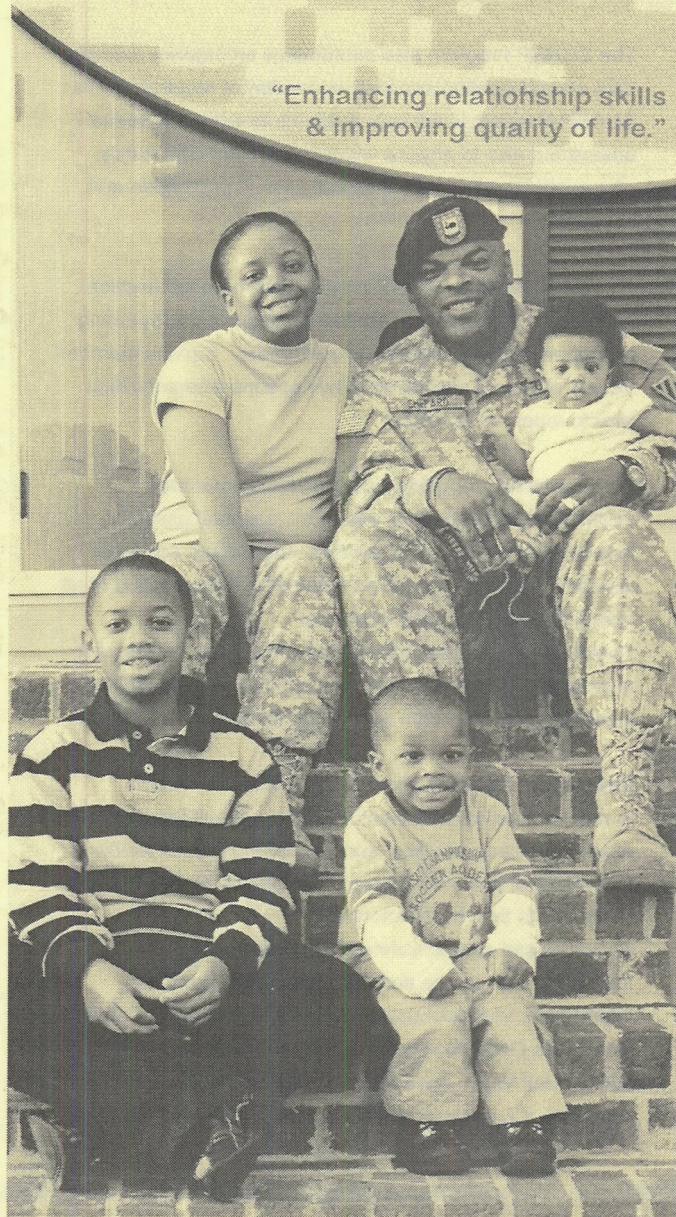


FORT CARSON, COLORADO

ARMY COMMUNITY SERVICE

Soldier & Family Readiness Program

"Enhancing relationship skills
& improving quality of life."

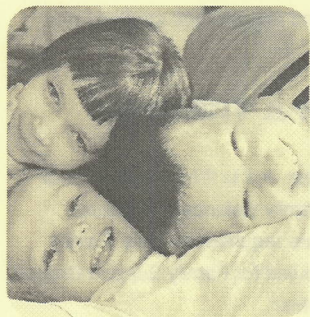


SOLDIER AND FAMILY READINESS PROGRAM

The Soldier and Family Readiness Program promotes individual, couple and family wellness by offering a comprehensive program that includes awareness, education and support to prevent family violence.

Classes are offered to commanders, troops, professionals, families and the community. Prevention and support services include: New Parent Support Program (home visitation); child safety education; Nurturing Parent Programs; single parent support; Playgroup; Infant Massage; Cooperative Parenting and Divorce; Boot Camp for New Dads; Prevention and Relationship Enhancement Program, the Five Love Languages; various life skills seminars; and victim advocates for domestic violence or sexual assault. For more information, call (719) 526-4590.

PARENTING PROGRAMS



Boot Camp for New Dads: This one day program offers tips to fathers on subjects such as; becoming a dad, caring for baby and caring for Mom. (1st Tuesday of the month, 9 a.m. to 2 p.m.)

Developing Family Resilience: This class focuses on developing resilience within a family context. The course will highlight ways that stress and family challenges can be used to deepen family closeness and commitment. Ideas for strengthening resilience in children, parents, and in marriage will be addressed. A great class for unit and FRG training. Available upon request.

Infant Massage: A 90 minute class that teaches pregnant moms and parents with babies up to 10 months to experience the power of infant massage. Systematic strokes alleviate colic, create strong bonds, increase mom's and dad's communication with baby, and provide a foundation of unconditional love. (1st four Tuesdays of each month 10 a.m. to 11:30 a.m.)

Love & Boundaries with Teens: This practical parenting class focuses on understanding the world of teenagers: their hopes, their struggles, and their move towards adult independence. The importance of healthy boundaries, structure, and loving relevant relationships will be explored. Upon request.

New Parent Support Program: This is a home visitation program for military families with children ages three and under, and expectant parents. Home visitors are nurses and social workers that will visit in the home to focus on parenting and other family issues, along with providing support and referrals.

Nurturing Programs: These are fun filled, parenting classes for both parents and children. Raising healthy children requires empathy, humor, skill, knowledge, love and compassion. These programs teach parents how to be nurturing to themselves as well as their children; to understand the ages and stages of child development; to increase their ability to be empathetic; and to use techniques to manage and encourage appropriate behavior of their children. Programs include: 0 to 18 months, 0 to 5 years and 5 years to 12 years. Prior registration is required.

Playgroup: An informative, fun-filled get-together for parents and tots. (Every Friday, 10:00am to 12:00am)

Single Parent Program: Support for active duty and DOD civilian single parents. Offers information and discussion on getting control, family care plans, parenting and legal information. A Single Parent Resource Guide is available upon request.

The Dad Difference: This is a positive, fun class for men that encourages and inspires dads in seeing the importance they play in the lives of their children. The class is aimed at giving dads hands on practical tools for caring and being a mentor to their children. The course helps dads understand both child and parent development (understanding how children raise dads as well!) and how dads can leave a legacy for their kids and families. Upon request.

MARRIAGE ENRICHMENT PROGRAMS

Cooperative Parenting & Divorce: Create a positive parenting partnership on behalf of your child (or children), negotiate child-friendly agreements, remain child focused and much more. This program may meet or exceed the requirements of most divorce court mandated education. (2nd Tuesday of the month, 9 a.m. to 2 p.m.)

Developing Family Resilience: See Parenting Programs

Intimate Allies - Learning, Living and Loving in a Win-Win Marriage: This class focuses on developing positive communication skills and understanding the principles of healthy relationships as individuals and as couples. It will focus on deepening marital love and protecting marriage relationships from intruders. A special emphasis will be on how to affair proof your marriage. Monthly.

Prevention & Relationship Enhancement Program: PREP teaches couples how to communicate more effectively, solve problems and enhance the quality of their relationships. Often offered by the Family Advocacy Program in conjunction with Chaplains' Couple's Retreats. Available upon request.

Relationships 101: This class focuses on the universal qualities that form healthy relationships in various areas of life: friendships, work relationships, dating, marriage and family life. Learn how to and how not to relate in order to have positive fulfilling relationships. A great foundational course for unit training. Available upon request.

Saving Your Marriage Before it Starts - Seven Questions to Ask Before and After You Marry: This class is designed for couples who are dating, engaged or who have been married three years or less. Special emphasis on communication, conflict resolution, understanding differences, and growing close as a couple. Upon request.

Strengthening Stepfamilies: An educational discussion group for re-married couples with children. Available by request.



CHILD SAFETY PROGRAMS



Kids Chat: Interactive workshops for children with activities and discussion about all phases of military deployment. Parents can also meet with a Kids Chat facilitator for questions and

discussions. Groups are divided and age specific (5 years to 8 years, 9 years to 12 years and teen groups.) Available upon request.

Peer Mediation/Conflict Resolution: This program teaches children skills that will enable them to think through conflicts and difficult problems instead of turning to violence as a solution. As part of this effort, we offer initial and follow-up peer mediation training to schools in districts 2, 3 and 8. Additionally, we offer school wide conflict resolution training to help children understand and resolve their conflicts in a peaceful way.

UNIT EDUCATION & TRAINING

Family Violence Awareness: A 1 to 2 hour educational program on the dynamics of family violence and sexual assault. These unit trainings are required annually. Family Violence Awareness be scheduled for Family Support Groups, Officer/Enlisted Groups and other interested organizations.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

This is a Department of the Army mandated enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support and personnel services to families with special needs. An exceptional family member is a family member, regardless of age, with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling. EFMP families must in/out-process through the ACS EFMP office.

"Promoting individual, couple and family wellbeing by

Sexual Harassment & Assault Response Program (SHARP)

Sexual assault is the most under reported crime in our society and can affect any individual regardless of race, sex, origin, or economic status. Sexual assault is a crime that inflicts immeasurable harm on victims and their families. The SHARP Program provides victim advocacy services, support, information, resources, and referrals for adult victims of sexual assault.

The SHARP Program also coordinates emergency medical care and counseling services as needed or requested. The SHARP Program is not only available to victims of sexual assault but also to anyone within the military community who might be interested in sexual assault prevention and education.

Please contact the SHARP program for more information as to how you can obtain additional resources regarding sexual assault prevention and awareness. Service member victims of sexual assault have two options when deciding how to report an assault:

Unrestricted: reporting enables service member victims to receive medical treatment, a sexual assault forensic exam, advocacy services, counseling, and legal services. Command and law enforcement are notified of all unrestricted reports, and a criminal investigation will often be initiated. Protective orders, unit reassignment, and relocation are options often available to a service member victim who elects an unrestricted report.

Restricted: reporting allows service member victims to receive medical treatment, a sexual assault forensic exam, advocacy services, and counseling without notifying Command or law enforcement. This option affords victims additional time to make informed decisions and allows victims the advantage of controlling the release and management of personal information. Victims must report to the following individuals **ONLY** to receive a restricted report: SARC, Unit Victim Advocate/ Installation Victim Advocate, Chaplain or Healthcare Provider.

VICTIM ADVOCACY PROGRAM (VAP)

Victim Advocates help empower victims to make decisions that will aid in improving their quality of life. They provide victims with information on their rights, help locate shelters, establish safety plans, accompany victims to court proceedings and/or meetings with lawyers, police and command. They also make referrals to local resources. For a Victim Advocate, call (719) 526-4590 or the 24/7 number, (719) 243-7907.

DEPARTMENT OF BEHAVIORAL HEALTH

The following are available programs:

- Domestic Violence Awareness Workshop
- Men's & Women's Groups
- Effective Parenting
- Individual, Marital & Family Counseling

For more information, call SWS at (719) 526-4585.

VOLUNTEER OPPORTUNITIES

Join our team and make a difference. Volunteer in one of the following areas: Nurturing (Co-facilitate in sessions with children) or Baby Bundles (Make informational packets or sew quilts and receiving blankets for new parents).



SEXUAL ASSAULT SUPPORT GROUP (SASSY)

Provides support and advocacy for current or former victims of Sexual Assault.

- Wednesdays at 2:30
- Registration/Screening Required

DOMESTIC VIOLENCE SUPPORT GROUP

Support group for anyone who has been a victim of Domestic Violence or is in a violent relationship.

* Tuesdays at 2 p.m.

offering a comprehensive program that includes awareness, education and support to prevent family violence."